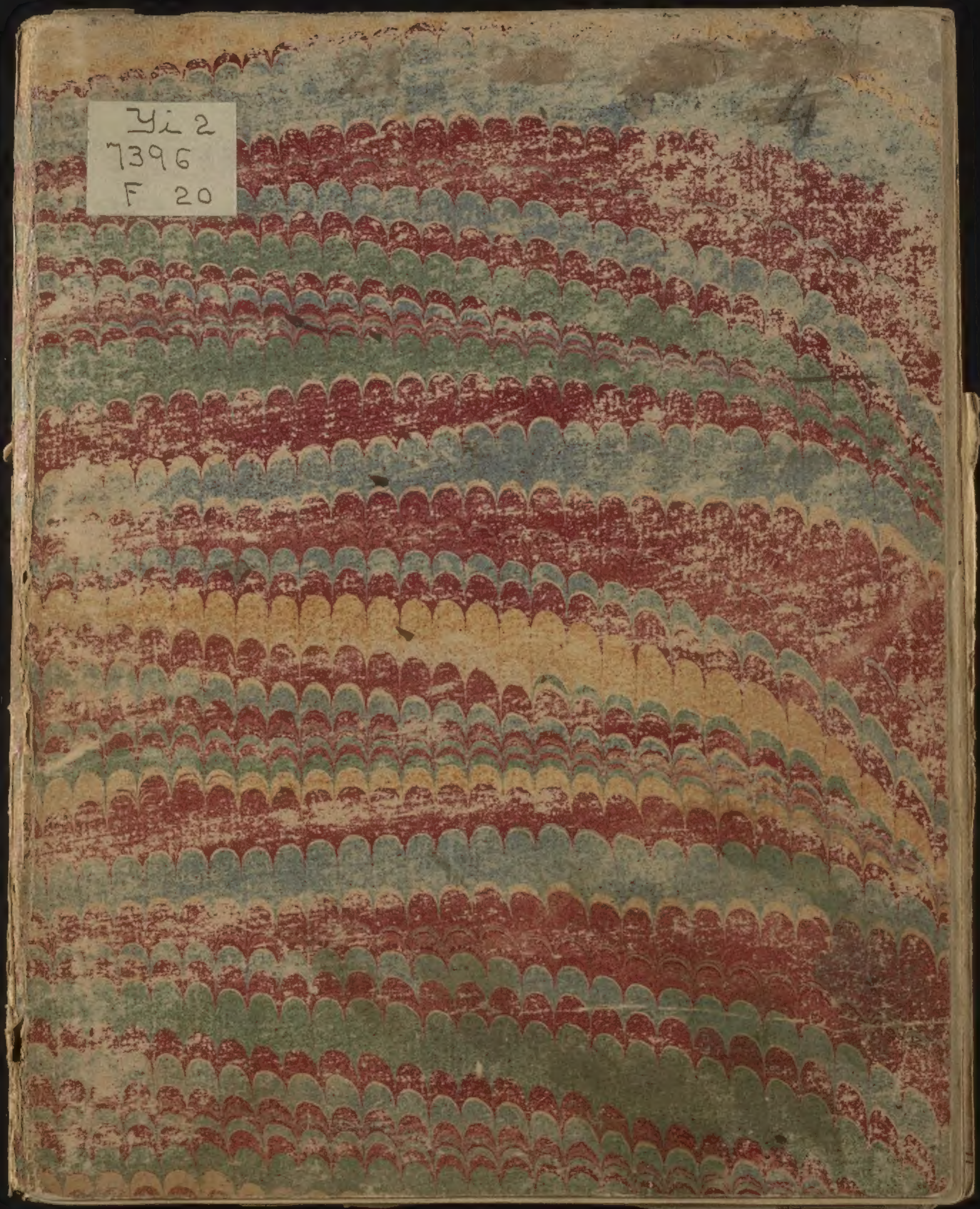
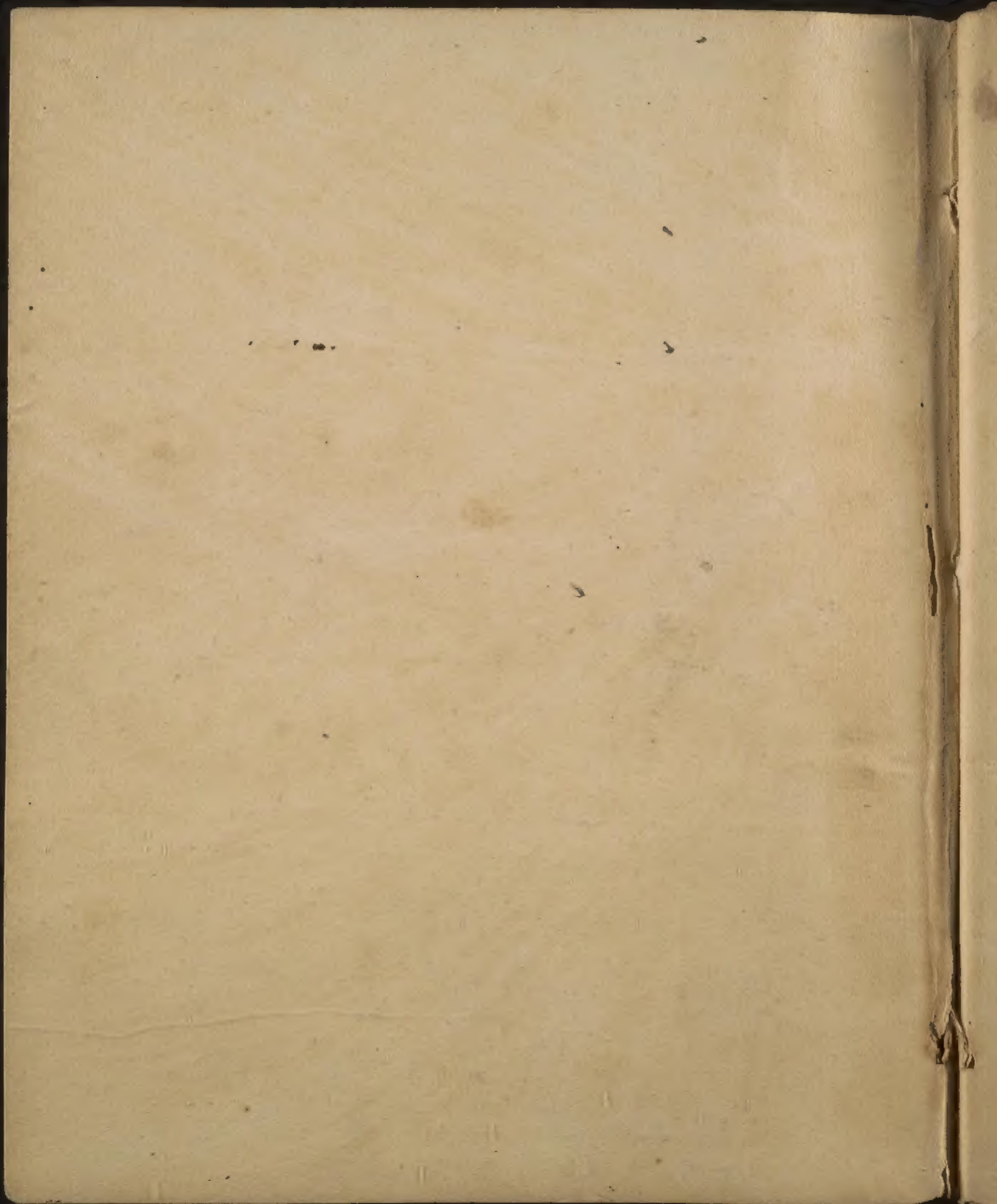


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Situations con ^d to	139
Change of D ^o	139
Darkness ———	140
Sound Heavenly bodies	143
specific Contagions	143
Aliments ———	158
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Land animals	173
veg: Aliment	177.

✓ Most of the cities in Europe
have been rendered healthy by
the same means, or by a strict
regard to cleanliness — and not by

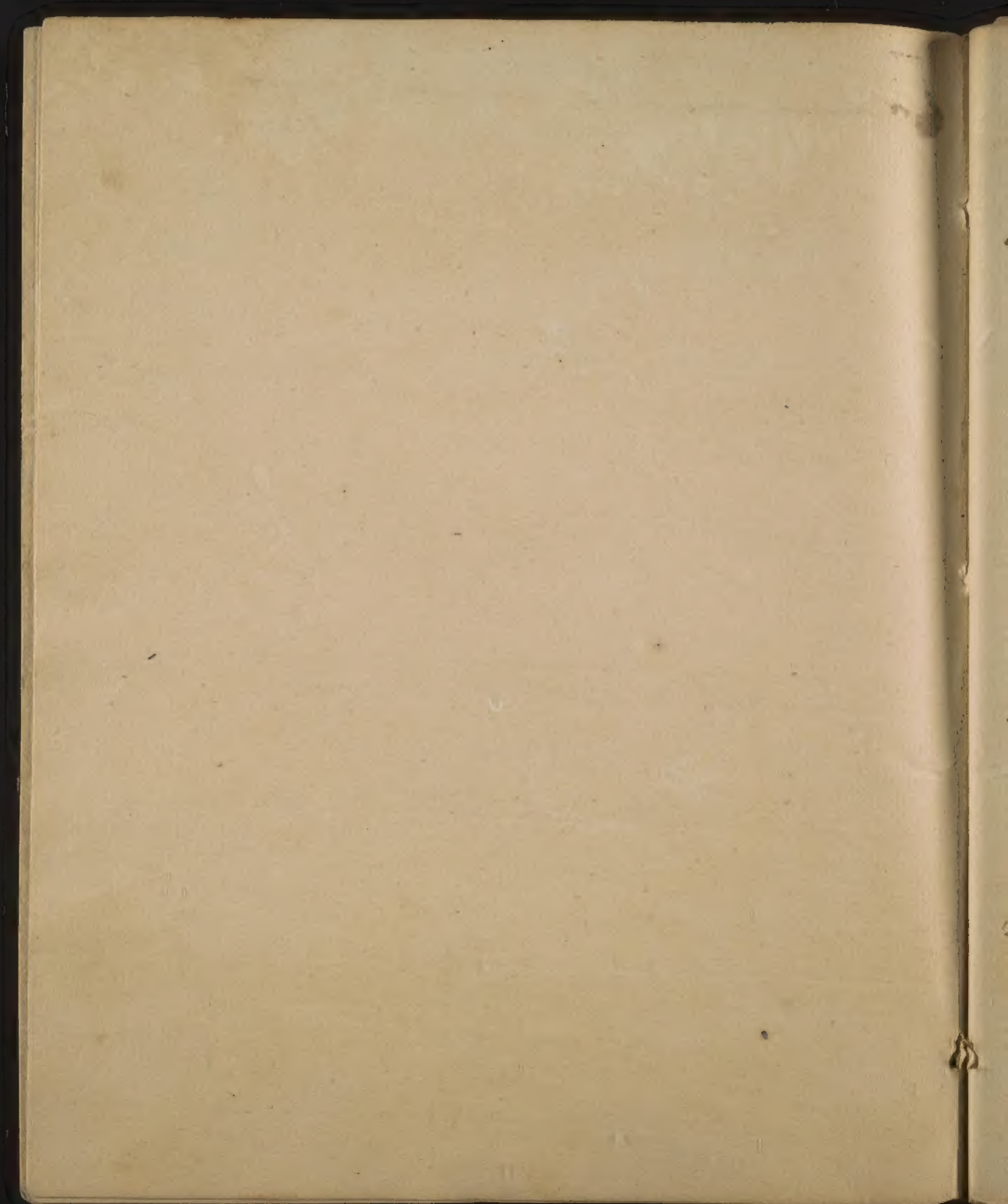
more or less connected the different situations
~~should be connected to the different~~

contained in Dr Daigman's table. The
 Town of Lavinia in South America,
 was once very sickly from its vicinity
 to some marshy ground. It is now
 healthy - in consequence of the draining
 or cultivation of that marsh. V

I am disposed to call in question the
 accuracy and truth of some of Dr D:
 Observations - but upon a subject so
 difficult, perfection was not to be ex-
 pected.

~~He is not~~ you see he agrees with
 me, ~~in~~ in ascribing more health to
 Northern than Middle latitudes.

He is right in placing the greatest
 portion of Life in mountainous coun-
 tries. There is no exhalation, and a
 constant supply of pure air. ~~from~~

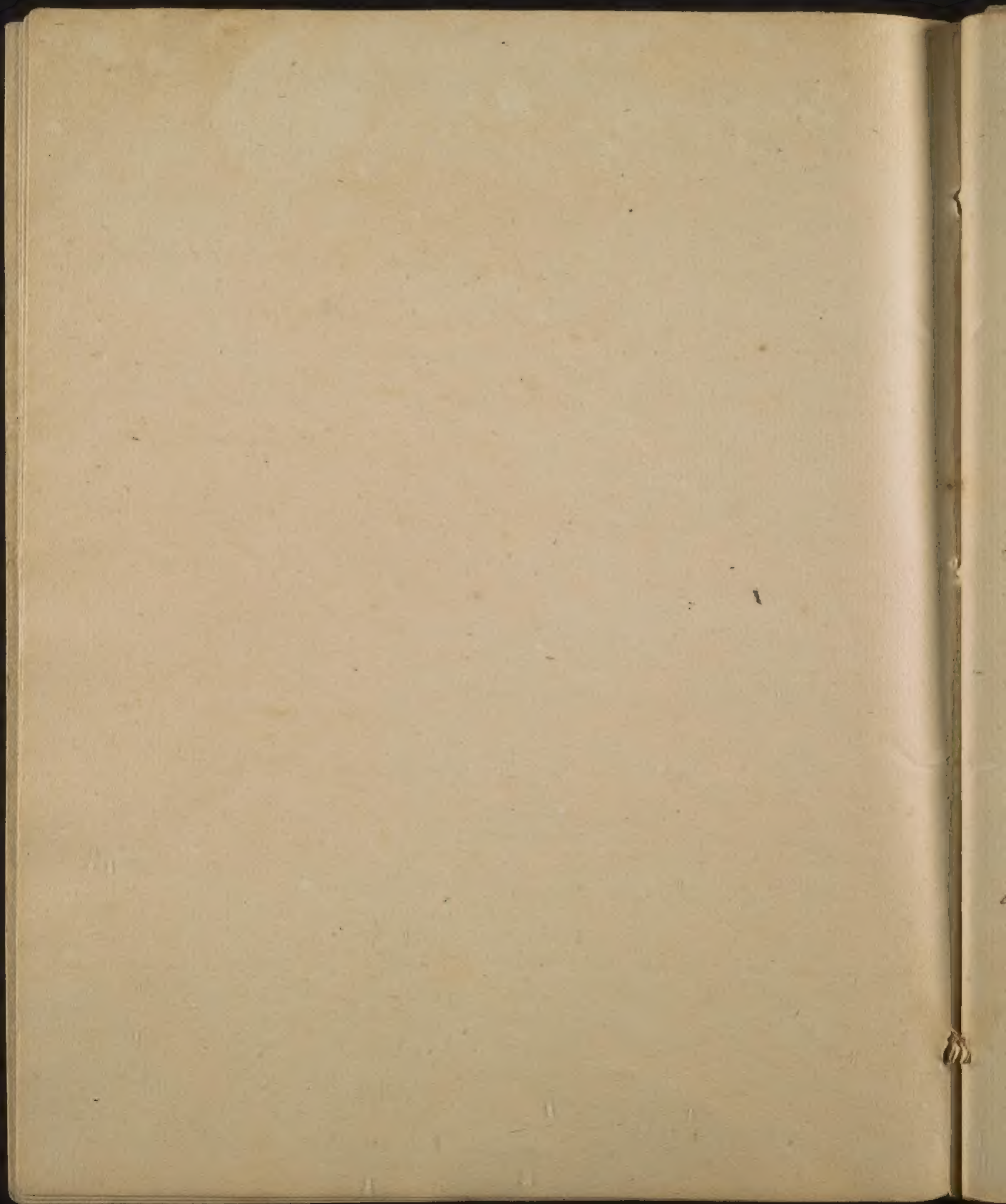


The chance of human life is justly rated very low [26 - 28 - & 21 - 23] in mines & quarries. — The air here is always damp, and frequently mixed with inflamm. and mephitic air.

Islands [24 - 26 - & 22 - 25] are unhealthy from being surrounded with water, they are subject to hurricanes — and ~~and sometimes~~ inundations which often leave matters behind them w^h produce morbid calculations. —

Flat countries [27 - 29 - & 30 - 32] are unhealthy from the disposition with rains have to stagnate, and to produce morbid calculations.

I object to the unhealthiness of moist countries [21 - 22 - 23 - 24] especially in middle latitudes where no effluvia



are combined with the moisture. When shall we find healthier countries than Great Britain & Ireland?

It is true the Sea Coast is unhealthy to persons who labour under inflamed complaints — But I can think Dr D. has placed its medium of ^{life} health too low [25 - 26 - 25 - 26] — The Shortness of life here should be ascribed to the indolence and intemperance to which men are tempted ^{who} to acquire their subsistence without labour by fishing or hunting; and not to the unwholesomeness of the Air. I have seldom seen a farmer thrive near the seashore or near a river. The ~~unwholesome~~ water in these cases ~~is~~ kind that ~~at his land~~ affords him

↳ An elevated Situation 39-41-830,32,
is often healthy in the ^{vicinity} ~~vicinity~~ of the most
richly country. A gentleman can with
his house on an ^{in a high health} eminence will often
point at his richly neighbours houses
all around & below him. parts of
cities are healthy or unhealthy ac-
cording as they are more elevated. ~~that~~
~~North end of the~~ Let: 5th 1792. Feb: 17th

↳ I come now to say a few words
of the effects of a change of situation
in producing diseases. —

1 ~~Old people~~ Persons who migrate
from one country to another freq:
contract fevers by it — especially when

so much food & amusement in
 possessing it, that his land-house
 and every thing belonging to him
 soon ^{exhibit} marks of negligence
 & finally of poverty and ruin. ✓

I can say nothing of any
 of the other alterations mentioned
 by D.D. from my own observation. ✓

Light and Darkness are so nearly con-
 nected with the air that it will be im-
 proper to pass over them as remote causes
 of Diseases. I have known two cases
 of a head ache coming on th the rising
 & going ^{off} with the setting sun. The glare
 of light produced by a bed of snow on
 the ground in Feb^y & March when the
 days become long, often produces
 inflammation of the eyes. I once saw it

they pass from a cold to a hot climate.
Europeans who arrive in the middle
states in the autumn are most subject
to these fevers. But it is remarkable that
they frequently escape it the first, &
are affected by it the 2nd year after
their arrival. It is called a Seasoning.

2 Persons who leave a healthy neighbor-
hood exposed to malarious miasmas
in the country, & remove into a city
are sometimes attacked immediately
afterwards with a fever which
they would ^{probably} have escaped had they
remained in the country. It is difficult
to account for this - until we are
more acquainted with the products
of a mixture of air.

✓ 3. Old people who remove from a

V It has been said ^{every justly} that many of
the evils of this life are blessings in
disguise. It is equally just, that
many of the blessings of this life
are evils in disguise. This remark
applies in a peculiar manner to
Aliments & Drinks. We shall
therefore proceed in the order of our
Syllabus to inquire into the diseases
produced by them. = This

~~We come now to inquire into the influence of Aliments & Drinks in producing diseases~~ = This is an important ^{this}

part of pathology - for the mouth & feet ^{a greater proportion of} ~~more of~~ ^{are} ~~are~~ ^{are} introduced into the body than in any other way.

Of Aliments & Drinks

Aliments act by their quantity and quality in inducing diseases. - I shall

begin with the first viz: Quantity
or excess in the

~~The~~ ^{quantity} of Aliment acts 1 By its influence in distending the stomach, and 2 by the ^{excessive} quantity of nourishment, ~~or matter~~ ^{or matter} it throws into the system.

The Stomach when frequently distended with too much Aliment loses its tone, and becomes dyspeptic, this disease

IV. ~~thirst~~, and now and then to ~~Leanness~~. Of its
effects in ~~producing~~ the latter, I have seen several
instances. The digestion in this case is morbidly
rapid, and the aliment passes with preternatural celerity
out of the system. Pharaoh's lean kine ~~in 44 B.C.~~
death from apoplexy of which there are
many instances. The first ^{fit} of ~~the~~
the famous Baron
Swindenbough was immediately after
eating a hearty dinner in London.

3
R But we sometimes see immense loads
of
aliment pass out of the stomach without in-
ducing any disease unless preternatural
leanness may be called a disease. This
arises from a morbid activity in the
gastric juice which disposes it the
food in with such rapidity as to render
it unfit to nourish the body. I have
seen several cases of this kind. The
aliment passes out of the body in
copious discharges by the bowels, or
kidneys & pores. The more such persons
eat the more lean ~~and~~ they become,
thence resembling Pharaoh's cattle which
were lean and ill favoured after devouring
all his fat cattle.

involves the whole system in its weakness, and finally contaminates all the fluids of the body. It does most mischief when it is succeeded by labor or exercise. It frequently lays the foundation of two vile practices viz: drinking and smoking. - wine & spirits by their stimulus overcome the ^{weakness} ~~indolence~~ of depression ~~debility~~ produced by the stimulus of dis-
-tention, and thus give ^{some} relief. The smoke of Tobacco & snuff act in the same way.
2 Too much nourishment thrown in to the system disposes to all the diseases of ^{Obesity} ~~Obesity~~ - those, particularly to palsy - apoplexy - ~~obesity~~ ^{and} hemiplegia & Dropsy. - The effects of an excessive quantity of labor nutritious aliment taken into the system will be varied by the degree of indolence or

6 Jail fever

7 Lynamche
mal. & Scarl.

8 Intermitte^d fever

III. Mortality

1 Plague 4 out of 5 in London in 1665

~~1 Yellow fever 1 out of 5 in West Indies~~

2 Lynamche maligna —

3 Small pox in the natl way.

4 measles

5 Lynamche leucifera

6 Jail fever — 1 in 100 —

7 Yellow fever 1 in 4 in Jamaica —

Blane - In his opinion all say a most
mortal disease. By purging & V in
the beginning 1 - in 120 - afterwards
1 - in 20 - By the other practice all in
Dr Pennington & Dr Johnson's practice & half
in my own before I & MS & in Dr Wise's pra-
-ctice.

8 Influenza

9 common Bilious fever

10 Intermitting D.

exercise which caused it. men who
labor suffer less from eating too much
than those who lead idle or sedentary
lives. ~~W. L. G.~~

Diseases ~~are said to be~~ brought on by
eating too small a quantity of Aliment.
~~It may be 20, - but I believe they are~~
~~as uncommon as diseases from too~~
~~warm apparel in the Spring & Autumn.~~
It will be difficult to determine what
quantity of food is too little to preserve
health - till we settle the quantity necessary
to support animal life. This must be
different in different ages - different
countries - different seasons, & in different
constitutions. I said formerly that
they were required for a healthy labor-
ing of meats & drink - but for

✓ ~~of quantity~~ ^{vegetables} But the Quantity should
be regulated by the ^{Quality} ~~Quantity~~. We ^{Let} ~~do~~
meat than bread is necessary to support
life, and less bread than vegetables of
a less nourishing nature - and less ^{farina} ~~fruit~~
than roots than ripe fruits. Chardin
tells us that a Persian will often eat
in one day 35 pounds of the water melon.

four to six pounds ^{of common food} are ^{enough} for men
 who do not labour. ✓ Dr Haller has given
 a list of a great number of persons
 who have lived upon a few ounces of
 Aliment for many days - weeks. &
 even years - and he has added many
 remarkable instances of persons who
 have lived days - weeks & months ^{the} without
 a particle of Aliment of any kind. But
 this ~~defect~~ deficiency of Aliment was the
 effect of a want of appetite produced by
a disease. Now a disease is generally
 attended with a preternatural ^{action, from} stimulus,
 which supplies the place of Aliment
 and in the stomach. This is evidently
 the case in ^{some} a fever. ^{From this} ~~The use of Aliment~~
 it would appear that the use of

For persons accustomed to live upon a definite quantity of Aliment, the least increase or diminution of it often induces Disease.

Lewis Cornaro lived 60 years upon $\frac{3}{4}$ of food & $\frac{3}{4}$ of Drink daily. — By adding $\frac{1}{4}$ to his food, & $\frac{1}{4}$ to his drinks he lost both his health & good temper, nor did he recover them till he returned to his former habits of living.

+ This has been proved by Redi. Those Animals that drank water, without food lived longer than those that abstained from both food & drink.

Aliment in Adults is not ~~as much~~
 to nourish the body, as to act in
 various ways in the manner formerly
 mentioned in supporting ^{by its stimulus} animal life.

In some ^{morbid} cases related by Dr Haller in
 which life was preserved without food
 for weeks or months, it appears that
 water was taken plentifully which
 probably
 washed out the acrimony from the
 fluids as fast as it was generated.

Where water was not drunk ^{enough} the Dr.

supposed it was absorbed from the
 air - ^{in confirmation} ~~for~~ of which he relates

the case of a girl who discharged from
 4 to 6 pounds of Urine every day,
 altho she drank during the day only

six ounces of water. V
 Water is not inert, it has some nourishment. +



The disease from a deficiency in the quantity of Aliment appear chiefly in three classes of people. 1 Children

2 Slaves, and 3 in ~~certain~~ persons under religion.

The influence of false opinions in ~~children~~ ^{while they}

1 Children often suffer ~~during~~ ^{while they} ~~are on the~~ ^{are on the} ~~breast~~ ^{breast} from a want of

sufficient quantity of milk. The diseases bro't on from this cause are

Dysentery - Colic - Emaciation - and

Dropsical swellings. — But children suffer

beyond this period of life ~~from~~ at ~~schools~~

boarding schools and ~~colleges~~ from a defi-

ciency of nourishing Aliment. The

late Mr Westley used to ascribe his

small stature, and delicate health

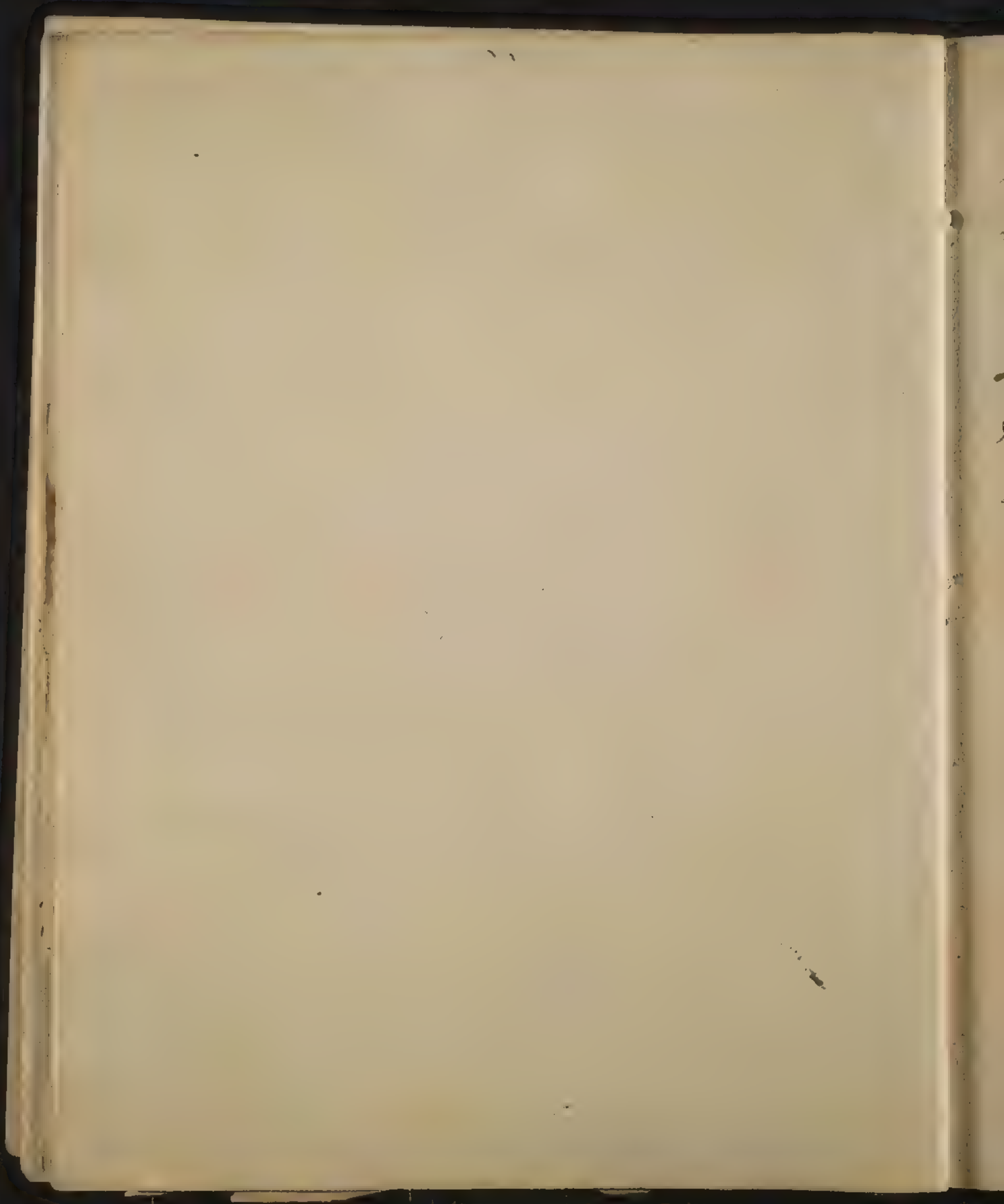
wholly to his being starved when



a boy at school. I have heard many facts of in the history of boarding schools which both in Britain & this country, that satisfy me that many young people contract the seeds of many diseases of debility from being deprived of a sufficient quantity of Aliment in institutions.

These unnecessary acceptables of food & ^{added to the production of} ~~by running~~ where more evil is engendered among both sexes than in the same number of Sails in any country in the World. ~~based on statistics~~

2 slaves often contract the predisposing causes of diseases of debility from the want of a sufficient quantity of food, or of food of a quality proportioned to the labor exacted from them. Hence the



frequency of Stomach complaints among
 them - of the weakness of the ven: appe-
 tite - of their unfruitful marriages -
 and of the shortness of their lives. [I
 speak only of the slaves in the West
 Indies. In the Southern States of America,
 I have ~~heard~~ heard of no Diseases ~~are~~ from
 a defect of Aliment.]
 That ~~Guarantee~~ -

The Allowance of a gallon slave is
 thirty ounces of veg: Aliment - viz
 26 of bread, and 4 of Beans. -

~~3 men of all religions~~

I am disposed to ascribe the
 debility of the bodies and minds of the
 inhabitants of Turkey & China in a
 great degree to their scanty Aliment.
 - what Strength can be expected
 from a man's eating only 36 of

v The monks often reduce themselves
by low diet. This reduced size is called
"minutio monachi".

Dates - Olives - or Butter with in a day
 & this is the diet of the slaves of the
 Syria in the Turkish empire, or of
 the, & this is the daily sustenance of a Chinese, peasant.
 3 Abstinence from the usual quantity
 of food appears to have been a part of
 all the religions in the world, but it
 has often been carried to such an ex-
 -cess by the weak and superstitious of
 all religions as to produce diseases. V

From speaking of the diseases bro't
 on by too small a quantity of Aliment,
 we are led to speak of the morbid effects
 of Famine on the body

It accumulates the excitation of the system.
 It excites great pain in the stomach,
~~and disposes to flux into it, & it~~
 disturbs the gall bladder w: bile some-
 times bile is effused in great quantities

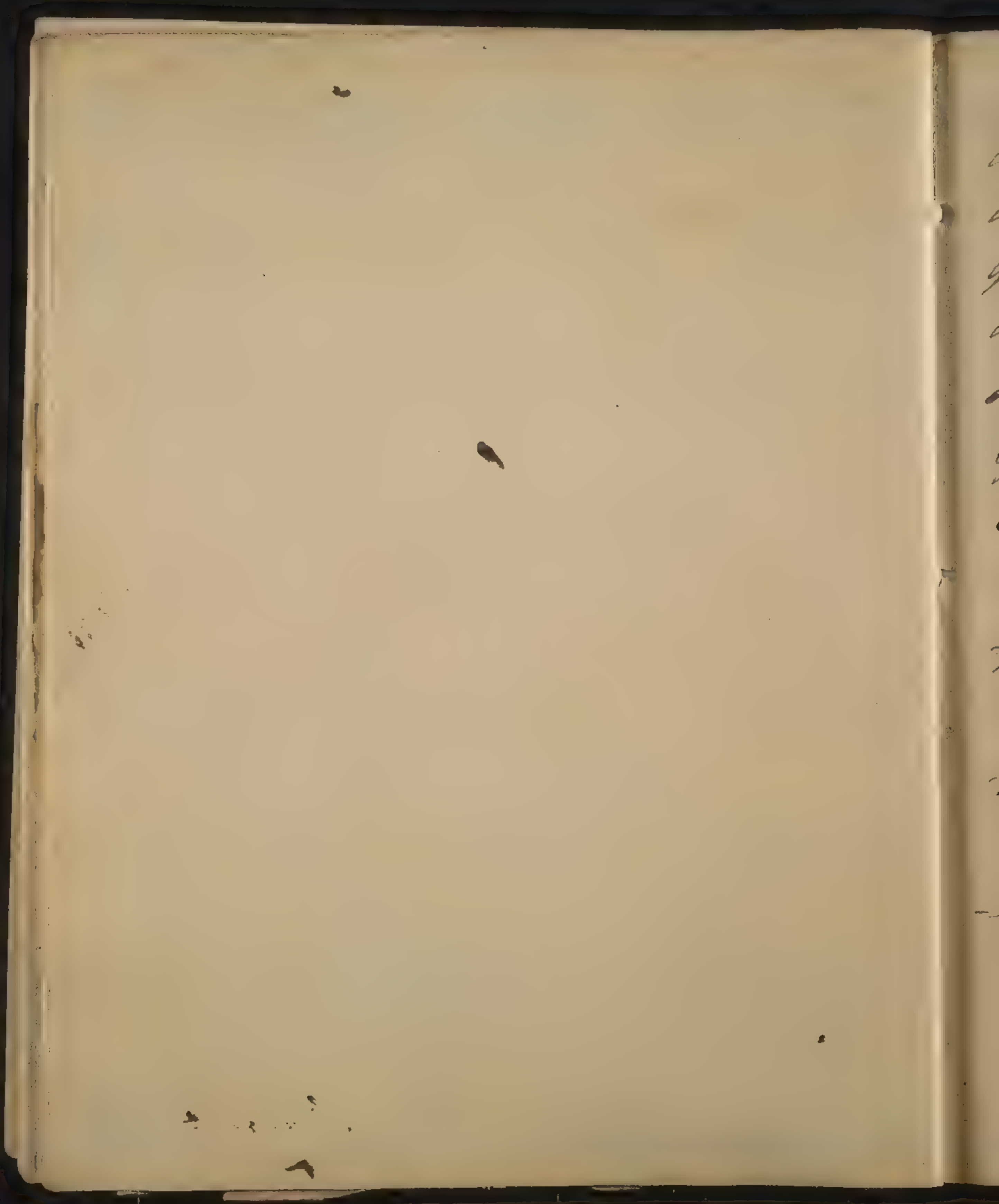
† Procyonius de-bellus Goth: of the Tus.
-ans.

or absorbed & diffused ^{into} the skin +
into the stomach - it banishes sleep -
the mouth becomes excoriated - all
urine, & all the other excretions even
the milk become acrid - the breath
& irritating.

& irritating.
 becomes fatigued - of this Dr. Franklin
 used to tell a story of ^{the fairies} Sunday. ~~He~~ He attempted
 a conformity to our Saviour in
 fasting 40 days. During this time he
 visited the Doctor, & ~~in~~ in conversing
 wth him, the Dr says his breath was
 not only intolerably offensive, but y^t
 it drew tears from his eyes.

- All these symptoms of famine are
succeeded by hemorrhages from ^{the} stomach,
bowels and nose - the jaws swell &
Delirium and mania close the
melancholly scene -

I ^{formerly} ~~before~~ mentioned the effects of



extreme hunger. It is astonishing to
 observe what changes it induces in the
 appetite prompting persons to devour
 greedily the most putrid & indigestible
 Aliments. Cressel in his Acc^t of the
 Shipwreck on an Island near the mouth
 of the river St Lawrence speaks of a broth
 made of a pair of ^{leather} buckets boiled in
 water. But what was this meal com-
 pared with ^{men devouring themselves} the women devouring their
 own children ~~men~~ when impelled by
 the extremes of hunger?

It is remarkable that hunger en-
 creases the strength of some animals,
 particularly the lion. This animal
 eats 20 of flesh a day, and is uneasy
 when deprived of it. In all degrees of
 hunger I believe produce ^{strength &} exertion

hunger

✓ Now shall we account for this
producing this strength & exertion? Stimulus of
~~food~~ - I answer by the desire of food
& of life which is connected with it,
acting upon the accumulated excita-
-bility of the system. The effects of fasting

by
upon devotion may be explained upon
the same principle. It ~~means~~ the vigor of activity
of all the faculties of the mind. I shall hereafter
apply this principle in a more extensive
manner in explaining certain operations
of the mind.

in men. hence the saying that "Hunger
breaks down the walls". ~~Scottishmen~~
The Duke of Marlborough used to say
~~as said to fight best when hungry -~~
and Dampiera ~~sees~~ informs us that
in recruiting soldiers
~~the most voracious~~ in Turkey, they
always prefer men of the most acute
and voracious appetites. ✓

we proved that to ^{morbid} operate of the ~~efforts~~
which arise from the unwholesome
Quality of Aliments.

Man was made ~~with power~~ to ac-
commodate to ~~has~~ every Species of Aliment,
but the cases in which men enjoy
perfect health who live only on one
Species are but few compared with
the cases which are on record of disease
~~those which are on record of disease~~
being produced by it.



I shall begin with the Diseases pro-
 -duced by animal food. — and
 as fish appears to have been the
 first animal food of man I shall
 first mention its effects ^{upon the} ~~of the~~ body. ^{go to p 172 =}

[Many nations
~~live upon fish~~ live upon fish alto-
 -gether. Some from necessity, — as the
~~Northern~~ nations who inhabit the
 regions of the north where ~~the~~ a deficiency
 of vegetable food ~~renders it~~
 difficult to support ^{raise} ~~animals~~ ~~and~~
 to support life, — ~~from~~ others from
 indolence, as the nations of Africa
 where the enervating heats indispose
 the natives to the labor of raising



provisions by cultivating the earth,
and some from religious temples,
particularly a certain sect of Christi-
-ans who suppose it very absurdly
that our survivors eat no other kind
of animal food.

Fish contains but little nourish-
-ment, and hence men become weak
who eat nothing else. It is said to
lessen the venereal appetite. It hence
the Advantage of making it the prin-
-cipal part of the diet of Eunuchs &
monasteries. ^{By a wise provision of the} ~~It is the~~ composition of the
Church of Rome it
diet of Lent in all Catholic Countries.

~~It were to be wished that this institution~~
~~of prevailed in all countries, and~~



among all sorts of Christians. The
 advantages of it are twofold. ^{1st} It
 supplies a wholesome aliment du-
 ring that season in which animals
 afford the ^{land} wholesome food ^{2^d} for them it is then
 their resting time, and it affords
 aliment of the least stimulus to
 man at a time when he is most
 disposed to captive or unlawful
 venereal pleasures. —

— The diseases from a diet of fish ^{wholly}
 are the Itch — a change in the color of
 the skin — Lice — the Leprosy — malignant
 Ulcers — and ^{malignant} ~~poisonous~~ kind. It
 is remarkable that animals which
 feed on fish — afford a varied, and



fried fat - unpleasant milk - and
 fat & disagreeable flesh. — The Roe
 of fish is the most apt to produce these complaints.

The Diseases of a diet consisting
 wholly of animal ^{food} alone are fat
 sweat and Urine - Itching in the

skin - Leprosy - Dysentery -
 maling. & hectic
 fevers - hemorrhages - and
 the Scurvy. That ^{fresh} animal food alone

will produce the Scurvy was evinced
 in this country the war before last.

A number of American & British
 Soldiers were driven suddenly into a
 fort where they had nothing to eat
 but fresh meat for several weeks,
~~they ate~~ ⁱⁿ consequence of which
 they all became highly scorbutic.

✓ Animal food produces these effects according
as animals are herbivorous or carnivorous.
The last argument disproves most of the
diseases ^{etc} have been mentioned. Old animals
more apt to produce them than young - having
more completely put off ^{of} ~~vegetable~~ ^{vegetable} nature,
~~Animal food affects the body more~~
~~or less according as it is more or less~~

and become more completely assimilated,
from having stronger digestive & chyliferous
organs. † It is more probable it was forbidden
in order to prevent the Jews eating with their neighbours
and ~~thus~~ contracting their heathenish ~~plagues~~ ^{plagues}. Both!
These appear to be a natural
difference between the effects of the flesh of
domestic & wild animals in producing
diseases. The Indians ~~eat~~ ~~are~~ are exempted
from all the effects the diseases I have
mentioned while they live exclusively
upon venison, & I have heard an intelligent
Indian Trader say he had lived 6 years
upon Buffalo flesh & water in the northern
parts of Canada, in perfect health. Dur-
ing the whole time he never longed for
a change in his diet, nor any other food.
~~He~~ ^{He} added that he had known several

This fact was communicated to me
by Dr. Enrym who was ^{then} surgeon to
the troops that were confined in the
jail. ~~Boots~~ ✓

Different kinds, & different parts of
animals produce all these diseases in
different degrees & in different times.

Pork and
Meats especially fat are most apt to
produce them soon & in the worst degree.

Some divines & pathologists tell us it
was because Hog's flesh possessed

these qualities in so high degree that
it was probably forbidden to the
Jews. All its unwholesome qualities

were increased by the heat of the
climate of ancient Judea. But it has

proved not to produce the same effects in climates equally warm.
In reviewing the history of
Europe during the ^{two or three} last centuries

Canadians who had lived 30 years in
good health upon the same simple
~~British~~ diet. The Country around the
place where they lived was so barren
as not to produce a single vegetable, as
they were too remote from the settlements
in Canada to import them. Their health
strength on wild ^{domestic} animals. The Indians excel the
white people in activity, but not in strength. ^{They are easily fatigued.}
Again - Animal food produces diseases when
too much exercised before it is killed, or kept
till it is putrid after being killed. Of the bad
effects of the former, there occurred a well-
known proof some years ago in New-
Hampshire. A farmer who had once washed
an ox in the time of harvest killed him, &
sent him to market. Of 24 persons who ate
of him, 15 died of stomach & bowels complaints.
turn back to = p. 174

we are struck with 175
a material change has taken place
both in diet & diseases. — Before
the 15th century, fish and flesh con-
stituted the principal parts of
the ^{diet of the} inhabitants of all the European
nations. Hence the numerous accounts
we read in the history of those times
of ^{the plague,} the diseases of the skin particu-
larly the Leprosy & Elephantiasis.
Many hundred hospitals were erected
for the exclusive uses of persons labor-
ing under ^{the two last of} those diseases, & many thou-
sands of persons in every nation were
imprisoned in them. With the revival
of learning - religion & liberty in
the 16th century, ^{an new era was} ~~agriculture was~~



opened in Agriculture, and the ~~for~~ ^{vegeta-}
 -ble productions of the earth began to
 constitute a ~~part~~ part of the food of
 man. From this time those ^{fatal} ~~loath-~~
 some diseases ~~of the kind~~ ^{it} began to
 decline in Europe, and is very re-
 -markable, that in proportion as
~~the~~ ^{abundant} vegetable ~~productions of the~~ ^{have} been
 increased by Agriculture & Horticul-
 -ture, these diseases have gradually
 disappeared, so that at present they
 are hardly known in any of the civili-
 -zed parts of Europe. For a number of
 curious facts on this subject, I refer
 you to the notes in the 1st vol: of Dr
 Robertson's Charles the Vth.

and first I shall remark that
a sudden change from animal
to veget. diet is productive of disease,
from the gastric juice becoming from
the glands which form it like the
gastric juice of Carnivores
Animals which acts but subtly
on Vegetables.

of the ~~Diets~~ ^{effects} of vegetable diet.

Many nations have lived, and ^{many} still live wholly on vegetables.

These nations ~~inhabit~~ inhabit temperate or warm latitudes, and use but little labor or exercise.

[Vegetables differ in the degrees of nourishment they afford. The function afforded most. They consist of two parts viz a glutinous, and a starch like substance. The Gluten of wheat, and several other grains is supposed to approach near to animal food. It resembles the coagulable part of the blood in some of its properties.

Fruits and roots are nourishing

v Green acid fruits corrode the teeth,
and ripe fruits often produce Dysentery
& Colic morbus. - The Stones of fruits
swallowed produce Colic - and death.

W The vombs it is said when they
begin to feel the effects of their reduced
Diet, are more grievous than
at other times: - After the Diet has
been continued a good ^{while,} ~~space~~, it ~~restores~~
tranquillizes the temper.

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in proportion to the quantity of sugar
they contain.] ✓

a veg. diet has the following effects on
the mind. It ^{improves} the temper &
~~produces mildness~~

Notwithstanding nations & many in-
dividuals have enjoyed good health on
a diet simply vegetable, yet in general
it produces the following diseases.

1 Universal weakness, & at first ex-
citability of body & irritability of mind. ✓
2 ~~Exhaustion~~ Dropsical swellings especially
~~in the face~~

3 Dyspepsia, & all its symptoms of
Flatulency - acidity - Dysenteria &c.

4 Dysentery. Herodotus relates that
the army of Xerxes in retreating from
Greece were affected with this disorder
from ~~not~~ living wholly on grain.

5 a Diminution of the Ven. ^l Appetite.

the exclusive use of ^{as} ~~vegetables~~ recommended, it is
not only more favourable to ~~morals~~,
health, but to morals & religion. They
are differently ~~recommending~~ as they ~~are~~ in ~~more~~ or
6 It lessens the heat of the human air
6 lessens the heat of the human air
body. The Black merchants who live
most fruitful.
in India, are remarkable for always
having cool hands.

7 It lessens the fire ~~and~~ ~~and~~ of the
human body. Bantus says the Chinese
who live chiefly on vegetables are of a slender
habit of body of a lively appearance
& not having the blush of health. "No
eye has seen such scarce crows" as
Fialstaff says. turn over to V =

This Dr. Waller says he experienced after
having ^{lived} for some time exclusively upon
vegetables. It appears still more evident
from the experiments made by Dr. Clarke
upon himself.

6 A diet exclusively vegetable lessens the
heat of the human body. The black mer-
chants who live in India, and who
live only upon vegetables are remark-
able for always having cool hands.

7 It lessens the size of the human body.

Mr. Barrow tells us the Chinese who live
chiefly upon vegetables are of slender
habit of body, of a sickly appearance,
and have not the blush of health."

"no eye" he adds in the words of
"Falstaff in Shakespeare" has ever seen



such Scarcities!"

Besides the effects of vegetables used exclusively in diet, ~~that have been~~ ^{that have been} ~~some of the~~ ^{most} ~~been~~ ^{been} ~~men-~~ ^{men-} tioned, some of them produce peculiar and specific effects. Thus Cabbage brings on indigestion; - beans are flatulent, & the Chesnuts when eaten green during our winter, constitute the last article of the diet of the poor people in France at a certain season of the year, at which time Cabanni's tells us the priests complain there are a number of all & slow of apprehension to religious instructions. Many ~~sorts~~ of the diseases that have been ascribed to the use of vegetables were very common ^{in England} After the publication of Dr Sydenham's works, who recommended their use as favourable not only to ~~health~~ ^{health}, but to



morals & religion. The converts to his system
were known every where by their pale
faces, and were often pointed out in
company as "vegetable men".

Vegetables produce diseases arising
as they ~~are~~ ^{are destitute of} more or less nourishment.
The Cornelia, or grains are least unwholesome
when eaten alone, and fruits the
most so. They are most apt to disorder
the stomach and bowels.

Sometimes all the different kinds of
grains, roots and fruits ^{contract} an unwholesome
quality from the weather particularly when
it is unusually wet or moist, and ^{this} spread
disease over whole cities & countries. Dr
Tourville mentions an Epidemic in France
in the years 1749 & 1759 that was induced

V In the report of the diseases of the
Westhaven Dispensary in England which
I lately rec^d from my contemporary at
the College of Edin^g. There is an account of
an Epidemic dysentery ^{in that town & its vicinity in 1807} induced by eating
potatoes dug prematurely in order to pre-
vent their being destroyed by an unusual
fall of rain.

I have suspected that the Spotted
fever which has lately prevailed in the
Eastern States is the offspring of unwhol-
some aliment. ^{It occurs chiefly at} ~~The seasons when~~ ^{is} ~~there are~~
those seasons in which there are ~~no morbid~~
^{probably} ~~no morbid~~ matters floating
in the Air.

by two successive crops of Rye that had
been wetted & which was trapped in its husk.
It produced Combinations & sudden death
in many cases, and a disposition to what
the Dr calls a Dry gangrene in the limbs.
The wheat is liable to many diseases
which show themselves in a variety
of forms in the human body. Many
facts upon this subject are taken ^{from} ~~from~~ ^{from} ~~from~~
noticed by Dr. Huxham in his epidemics,
and some are mentioned by Sydenham
in his treatise upon the diseases of
minors. A whole family in Chester
^{in this State} County was made sick by eating bread
made of wheat that had been damaged
by the wet weather in the year 1864.
In the history of the weather & seasons,

V The plentiful seasons ^{in fruit} the Rev^d Dr. Muhlen-
berg ~~info~~ of Lancaster ~~in this state~~ informed
me after 30 years observation, occurs every
1st year. ~~They are~~ in Pennsylvania.
They are preceded by two moderate years
and succeeded by a scanty year. The
Summer and Autumn of 1810 & 1811
verified this observation. Fruits of
all kinds were abundant in the former
& scanty in the latter year.

it is of great consequence always to
know the nature of the vegetable pro-
ducts of the year both as to quality &
quantity. This influence upon health

did not escape the poet Horace. He
compares ^{Summer &} ~~an~~ Autumn fruitful in

Apples, with a richly Season. His words

are "pomifero prae tempore Anno".

The Summers & Autumns of the year
1804 and 1820 in ^{some of} the ~~various~~ States from

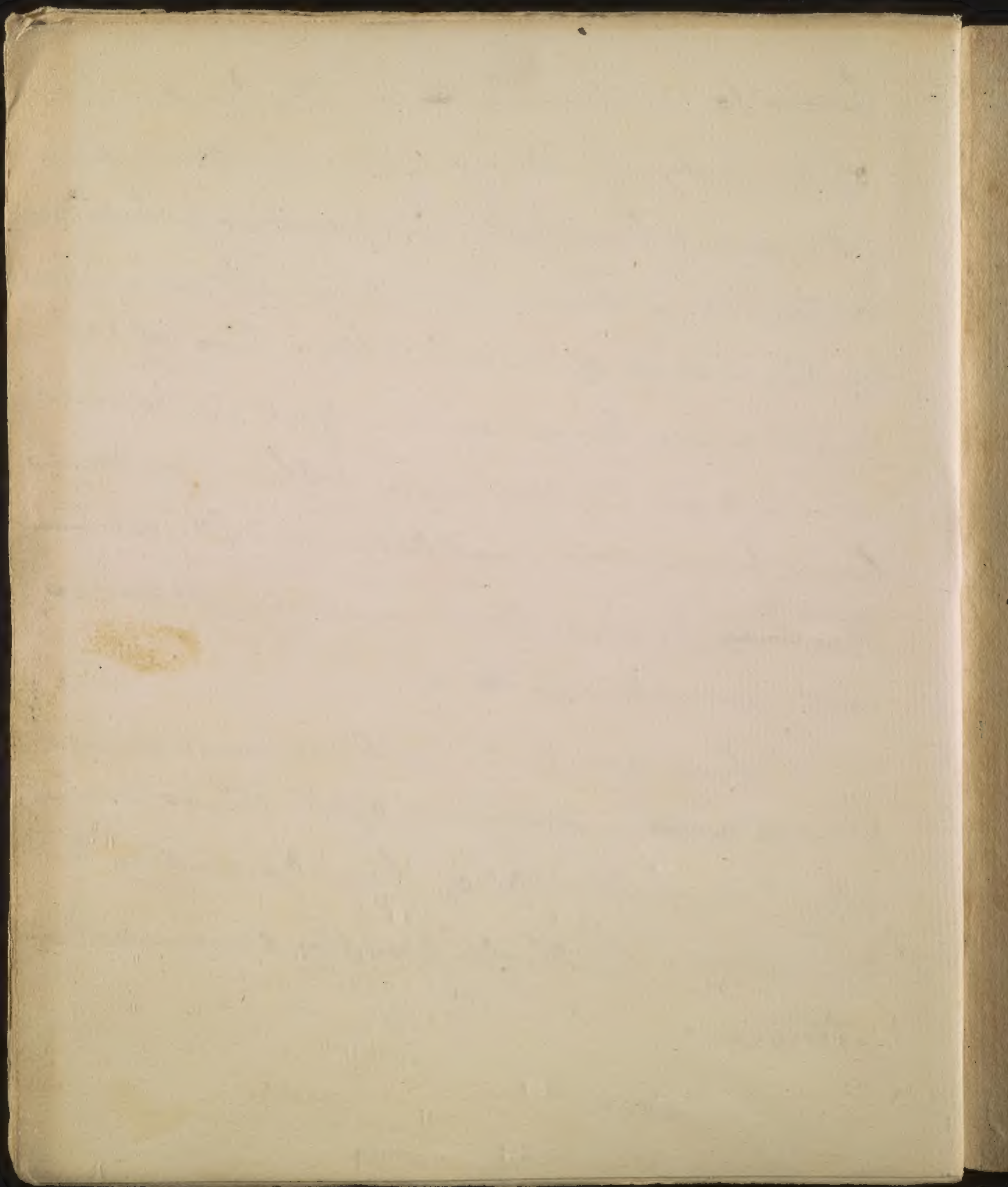
which striking proofs of the conse-
quences of the poet's remark. ~~is~~

There is one species of Abstinence which
belongs neither to Animals nor Vegetables
which sometimes induces disease, &
that is Milk. This food ~~is~~ ~~is~~



~~But~~ so wholesome in the simple state
of the body, produces sickness, & other con-
-ditions, & head ache, in persons whose con-
-stitutions have been changed in a degree
by the habits of civilized life. Two of its
products are likewise hurtful in some
instances. Butter now & then produces
heart burn and head ache, and Cheese ^{is} ~~is~~
~~apt to~~ ^{apt to} induce costiveness in persons
not accustomed to it.

There are certain circumstances
which render Aliments of all kinds unhealth-
-ful independantly of their quantity &
quality, I shall briefly enumerate
them.



Animal

V A sudden Change from ~~Vegetable~~
to veg. or veg. to Animal food is
productive of Disease, in the former
Case from the gastric juice becoming
so changed by the fluids which furnish
it of the same nature as the gastric
juice of ~~gastric juice~~ Carnivorous
Animals. ^{It} we know acts but feebly
upon Vegetables, & in the latter
Case from the gastric juice being
so changed by the veget. matters that
from it as not to act upon
Animal food with its usual ac-
tivity & effect.

